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## Defining Better Living

Some people, especially in developed nations, tend to affiliate a better living experience with increased finances. That's legitimate to some extent, but what if we affiliated a better living experience with celebrating having enough? What if we delighted in deep gratitude for the overwhelming blessings which abound in our lives, and the non-material experiences of peace, fun, being loved, appreciated and feeling secure? We all know that wealth of itself does not bring happiness. What does?

The answer to that last question is unique for each of us. For some, happiness and peace of mind is having a plan in place for retirement, or funding the kid's education. For others, being and staying out of debt brings a daily joy that's indescribable. Having time to be with family, to cherish them, and to let them know how much they are loved is precious. Giving to causes with a greater global focus, such as the rescue and education of enslaved women or financing a water supply for a village desperate for adequate sanitation, brings a happiness to the provider difficult to explain. I submit, a better life now means our ability to make a huge difference for others, while we live in the depth of gratitude.

The common thread in our experience of living is the direct result of accumulated thoughts we keep repeating. To create better living starts with our thoughts. (Where have we heard that before!) We are incredibly powerful creatures wielding that much influence in creation. It all starts and ends with our thoughts. We feel rich every time we delight in the bounty of our life. The expression of gratitude deepens our direct experience of a better life.

Better living is actually a formula. Yes, it consists of our finances, but in addition it includes our deep gratitude for having enough and our joy in impacting the world by helping others. Every day, through our thoughts, we get to create the experience of better living.



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